

# Introducing ... MyPyramid for Kids



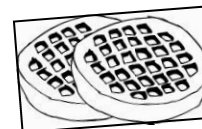
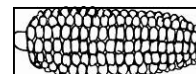
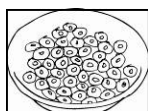
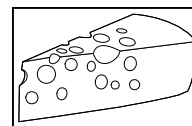
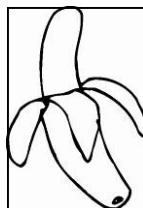
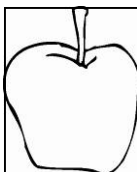
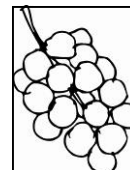
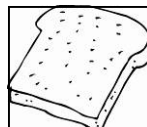
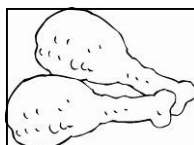
Name: \_\_\_\_\_

1. Look at all the pictures. Decide which food group each one belongs in. Put a circle (using the color crayon listed after each) around:

- 3 in the grain group with the color orange.
- 2 in the vegetable group with the color green.
- 3 in the fruit group with the color red.
- 3 in the milk group with the color blue.
- 2 in the meat and beans group with the color purple.

2. How many circles will you have on your paper? \_\_\_\_\_

3. Cut out the food pictures below and glue them on your pyramid work sheet. Make sure you put them in the right food group.



*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 1st—Introducing MyPyramid*

# Eat Smart Be Smart